

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30	.	Breakfast
10:30-11:30	FE-1	Physical Exercise – TVIS
10:55-11:30	CDR	SFOG Candle Replacement and Activation (Report to MCC No. of Candle Being Installed)
11:30-13:00	FE-1	Physical Exercise - RED
11:30-13:00	CDR	Physical Exercise – TVIS – Day 2
13:00-14:00	.	LUNCH
14:30-15:05	CDR	SFOG Candle Replacement and Activation (Report to MCC No. of Candle Being Installed)
16:45-17:15	CDR	COX Maintenance
17:15-18:15	CDR	Physical Exercise (VELO + FL1) – Day 2
17:30-17:45	FE-1	Private Psychological Conference (<i>S-band</i>)
18:15-18:45	.	Review of Next Day's Plan
18:45-19:00	.	Daily Planning Conference (<i>S-band</i>)
19:00-19:30	.	Report Prep
19:30-20:00	.	Dinner
20:00-20:30	.	Food Prep
20:30-21:30	.	Pre-Sleep
21:30-06:00	.	Sleep
Task List	CDR	BIOECOLOGY. APT Power Cell Replacement
		URAGAN. Observation and Photo Imagery
		DIATOMEIA. Ocean observation

Note: cf. OSTP for missing references to US activities

End of Radiogram